What is claimed is:

1. A method of manufacturing a stamper for producing optical discs, comprising:

applying a photoresist to a stamper plate to form a photoresist film; and

structuring the photoresist film, the structuring including, in order,

exposing the photoresist film;

developing the photoresist film;

heating the photoresist film;

additionally exposing the developed photoresist film to a light having a wavelength in the deep UV range; and

heat treating the additionally exposed photoresist film;

wherein said additional exposing is performed using a light wavelength of 200–320 nm and an energy level between $4 \cdot 10^{-4}$ and $5 \cdot 10^{-2}$ J/cm.

2. A method according to claim 1, wherein the energy level of said additional exposing ranges between $8 \cdot 10^{-4}$ and $1.2 \cdot 10^{-2}$ J/cm^2.

3. A method according to claim 1, wherein an exposure time of said additional exposing ranges between 1 and 125 seconds.

4. A method according to claim 3, wherein the exposure time of said additional exposing ranges between 2 and 30 seconds.

5. A method according to claim 1, wherein the light wavelength is in the range of 240–260 nm.

6. A method according to claim 5, wherein said additional exposing is carried out under rotation.

7. A method according to claim 5, wherein said additional exposing is carried out under heating.

8. A method according to claim 1, wherein a negative photoresist is used for said applying.

9. A stamper for producing optical discs obtained by using the method according to claim 1.

10. An optical disc, obtained by using the stamper according to claim 9.

11. A method according to claim 1, wherein said exposing is carried out in two stages, comprising a first selective exposure stage and a second integral exposure stage, wherein the selectively exposed photoresist is heated prior to carrying out said second integral exposure stage.